

# Clayton Parks and Recreation



## Youth Volleyball Coaching Manual

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## **Youth Sports League Philosophy – Clayton Parks and Recreation**

*The City of Clayton strongly believes in the benefits of participation in organized sports. Participation in sports has proven to build self-esteem, promote teamwork, develop the body as well as the mind, and is an integral part of the maturation process.*

- I. To have FUN!!!
  - A. Every child should have an enjoyable and positive experience.
  - B. According to the American Youth & Sports participation survey:
    - 1. The number one reason children participate in sports is to “have fun.”
    - 2. The number two reason why children stop playing sports is “I stopped having fun.”
- II. Recreational League
  - A. The Clayton Parks and Recreation youth sports league is not a competitive league.
  - B. The Clayton Parks and Recreation youth sports league allows every child a chance to play no matter what abilities the child possesses.
  - C. Standings are not kept and scores are de-emphasized.
  - D. The Clayton Parks and Recreation youth sports league tries to provide as evenly skilled teams as possible.
- III. Every Child receives equal playing time.
  - A. Our goal is for children to learn to play the game, which they can not do without participation.
  - B. Every child should receive an equal amount of attention during practices.
- IV. Open Registration
  - A. Our programs are open to anyone who wants to play.
  - B. Clayton Parks and Recreation will accommodate every child that signs up before the deadline.
  - C. Every child who enrolls before the determined deadline is guaranteed a place in the league.
  - D. Waitlist
- V. Community Involvement
  - A. The Clayton youth sports program is dependent on volunteers.
    - 1. Our leagues can not run successfully without the time and effort of our volunteer coaches, officials, and parental support.
    - 2. Volunteer coaches will be trained and encouraged to make the extra effort to:
      - a. understand children’s needs
      - b. give positive help rather than negative criticism
      - c. be positive role models to the children
      - d. teach the respective sport to the best of their ability
      - e. follow the philosophy and standards as outlined by the Clayton Youth Sports League
  - B. The Clayton Parks and Recreation youth sports league encourage our participant’s parents or guardians to become positively involved with their child’s respective league.
- VI. Good Sportsmanship
  - A. Athletic contests naturally involve competition
    - 1. The Clayton Youth Sports League desires to create an atmosphere in which the game is played with constructive orientation, rather than a win at all costs attitude.
    - 2. Respect towards teammates, coaches, and referees must be instilled in all participants.
    - 3. No matter what the outcome of the game, everyone gains a positive experience if they are treated respectfully and congratulated for giving their best effort.

# **Youth Sports Coaches Code of Conduct**

## **City of Clayton**

“An opportunity to make a difference”

I will be responsible for all the kids on my team.

I will do my best to insure that all the kids have fun playing sports.

I will treat all kids with respect and avoid negative criticism.

I will teach all kids the skills of the game, the values of teamwork and the meaning of good sportsmanship.

I will lead by example and always demonstrate good sportsmanship during games.

I will see that "all kids play" regardless of skill level.

I will provide only encouragement and positive direction to players during games.

I will know the rules and always play by the rules.

I will respect the officials and their authority during games.

I will communicate with the parents on my team and inform them of all team rules, practices and games.

I will respect all facilities and equipment made available for my team to practice and play games.

I will never use profanity, abusive language or threatening behavior towards any player, parent, coach or official.

## **Coaches Expectation**

Youth Soccer coaches need to have an enthusiastic involvement for the kids to enjoy as well as learn the game of soccer. Be involved, but not too involved! Always remember to be a role model for your players no matter what happens. Here is our expectation.

1. Adhere to the youth sports rules and philosophies.
2. Communicate practice and game times to parents.
3. Keep Athletics & Facilities Supervisor informed of all positive or negative information regarding the fields, officials, participants, or general public.
4. Organize practices.
5. Encourage your players to get involved in the game, but don't pressure.
6. Provide a supportive atmosphere for achieving team goals.
7. Coaches need to guild their players through the sport experience.
8. Keep winning in perspective, and help your players to do the same.
9. Help your team/players set challenging but realistic performance goals rather than focusing on only "winning the game."
10. Help your players understand the valuable lessons from playing soccer.
11. During the season every player receives equal practice time and plays at least half of every game.
12. Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop any unsafe activities.
13. Fair play is about playing by the rules-and more. It's about coaches and players showing respect for all participants and referees.
14. Coaches remember this. Sports are naturally fun for most kids. Sometimes when adults become involved in children's sporting activities they over-organize and dominate the activities to the point that it destroys kids' enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of having the young athletes take themselves out of sports.

## **Practice Plan:**

Plan, plan, plan: then plan some more (by Paul Hoelscher, CHS Soccer Coach)

- 1) Each practice should be scripted  
    Tips: Account for more time than you need  
          Consider field space, age ability, equipment needed  
          What to do with X kid?
- 2) Take your goal and subdivide into # of practices  
    Examples: settling and passing the ball  
              I have 5 practices before the season and 10 in the season  
              In each of those 5 pre-season practices, I will  
              -teach proper technique for each goal (settle, pass)  
              -design 1 drill for each goal
- 3) Practices scripts or plans should connect/build on each previous  
    Keep a binder on your practices, attendance  
    Script several practices at a time, then review / adjust

There are a number of practice plans and they all contain the following elements

This plan should include:

- Provide objectives that should be accomplished during the practice. This can include both subjective and non-subjective goals.
- Outline the goals and requirements of the four basic activities and the amount of time you would like to devote to each. Our sample agenda includes recommended times and should vary with your teams skill development and maturity.
- Prepare a list of the equipment required. This helps ensure you only take what you need and makes sure you get what you need if you should be in a hurry. (You know, that pushy boss that wants a 5pm meeting.).
- The Practice Plan form gives you an area to take notes as to what aspects of the practice went well, what didn't, or maybe ideas you had to make the skill development simpler for the players. You can also take notes about the players' responses during your Team Talk regarding the next practice. Keep these forms for a reminder next year.

**Warm Up** : This is especially important in developing long-term physical fitness awareness for your players and greatly reduces the risk of injury to your players. If your team is like most, the kids will 'wander' onto the practice field. Do low impact 'games' with them while waiting for everyone to show. When the warm-up 'officially' begins, first demonstrate the exercise and then begin the exercise. Be sure to explain the exercise in words the players can understand. Sometimes you will have to teach them new words for this to work. Be sure that you participate with them, because the players will learn quickest by example. And if you can, get the parents to participate as well!

**Pre Practice Team Talk** : Have a brief Team Talk with them and let them know what you want to accomplish today and what you expect of them today. Keep it simple and in words they can understand.

**Skill Development** : Begin skill development drills and exercises. Spend the first 10 minutes improving skills taught in previous practices. You will need to focus on the less-talented players at this time to help them improve at a quicker pace. Consider providing these players a ‘mentor’, another player that can show them good execution of the skill. This mentoring approach also keeps more players busy and ‘engaged’ providing more fun and participation.

After the review, begin introducing a new skill ‘game’ or regimen. You should strive to introduce one new skill, or a variation or refinement of a skill at every practice session. This may require a brief Team Talk with the players to provide a foundation of words or expectations. First explain the skill, then with other assistants, if necessary, demonstrate the skill using proper technique. Then turn the players loose to try it themselves.

Once they begin the skill development exercise, try to keep further instruction and refinement to a minimum, and spend your time one-on-one with the players. Having other volunteers and coaches manage the ‘team’ allows you to spend some ‘quality time’ with each player while they are striving to learn. If you have an exceptional player or two, place them in a mentoring position with another players.

**Water Break**: If you are in warm or summer conditions, take a 3 to 5 minute water break. Have the players’ gather in the Team Talk location and use this as a brief cool-down. You can have an assistant or player ‘serve’ the water and you can use this opportunity to reinforce the skill(s) just practiced. Here's some more info about keeping you players properly hydrated.

**Play**: Play a modified game or small-sided game / scrimmage. This will increase the likelihood that the skills you have just introduced or have previously introduced have real-world (read game-time) implications. Here are a few tips to ensure a successful (read fun and educational) scrimmage:

- Be sure to have the player’s rotate positions so that each player can understand the requirements of the position, and possibly develop an appreciation of other players that play that position.
- Have a couple of players be assistant coaches and officials. This encourages these players to understand the rules and really teaches a sense of fair play.
- Play for a pre-determined amount of time, not until a scrimmage team reaches a certain score.
- Focus on only one or two rules or skills at a time. Trying to teach too many skills / rules at a time can be overwhelming for most players.

**Post Practice Team Talk:** This provides time for the players to cool-down and reflect on their recent accomplishments. It also provides a time for you to repeat today's instructions and to communicate with your players.

A sample agenda on the closing Team Talk could include the following:

- Ask the players to tell the team what they learned today. Try to refrain from using "Yes" or "No" questions. Don't force a player to make provide an answer to your questions. He may be too tired or mentally drained to answer your question. If they give you an inattentive answer, simply acknowledge their answer with a nod, smile or "that's interesting" and move on to the next player.
- Talk to the team about a particular rule or situation that may have happened in practice or the last game. For instance, in soccer, "Johnny pushed Jason down while going to the goal. What foul would be called? What would the penalty be?" Or in baseball, "Johnny was called out at second in our scrimmage. Can anybody explain why? " (Running outside of the baseline, tagged out, or force out).
- Ask the players what they would like to do in the next practice. This will give you a good pulse on what part of the game is the most fun, and will let you use this in between "less fun" activities.
- If your team is old enough or if you choose to use the "mentoring" practice, assign some players to be officials, assistants or mentors for the next practice. This creates enthusiasm for practice for these players, and is especially useful with less enthusiastic players.
- If you're going to give the players 'homework', now would be the time to do so. Give them very specific instructions on skills and rules they should practice and learn. For younger children you should provide this information as note cards or flash cards. Then see how many of them completed last week's homework. Test them with simple questions.
- Summarize your discussion and repeat the important teachings of the day. With younger kids a small 'reward' can help keep the players' attention. (Bubble gum, etc...)
- Make a game out of wrapping up the practice. Have the players' pack up the equipment, balls, retrieve the bases or cones, etc...

A practice plan form can be found at the end of this manual.

## WARMING UP

These few main warm-up ideas can be used before a practice, match, or just for fun. They also can be added to or taken away from as your coach sees fit. They are listed in a suggested order, but again, they do not have to be done in this order.

**1. Ball Throw:** A ball is needed for this drill. Find a partner and stand across the court from each other. Using your hitting arm throw the ball back and forth to each other warming up your hitting shoulder and arm. This only needs to be done for a couple of minutes to loosen up the shoulder joint.

**2. Spike Drill:** A ball is needed for this drill. Find a partner and stand across the court from each other. Throw the ball up into the air and spike it down into the ground so that after once bounce it should reach your partner. Do this only as long as it takes to warm-up your shoulder.

**3. Setting Drill:** A ball is needed for this drill. Standing about ten feet apart set the ball back and forth. As your forearms loosen up try and move the distance back so that you are setting from further away.

**4. Passing Drill:** A ball is needed for this drill. Standing about ten feet apart start passing the ball back and forth, concentrating on making good passes to your partner.

**5. Pepper:** A ball is needed for this drill. Using a partner stand about ten feet apart from each other. The partner starting with the ball tosses it to his partner who passes the ball back to him. The partner then sets the ball back to the other partner, who in turn spikes the ball back to the other partner. After digging the ball back to the other partner the process is repeated continuously. The object of this warm-up is to, under control, practice the three fundamental aspects of volleyball-passing, setting, and hitting. In essence, the partners are playing a match back and forth.

**6. Defense:** This team drill requires at least ten balls and is a great way to warm-up the team's passing skills before a match. The coach needs a bunch of balls at his side, a line of players opposite him, and one "setter" off to the right side between the coach and players. The coach tosses the ball (he can spike or throw it hard too) at the first player in line who passes it to the setter. The player who passed the ball moves to setter with the person behind him taking his place and the setter hands the ball to the coach. The balls at the coach's side are there to keep the drill flowing-he has a constant supply of balls to keep the drill moving in case there is a bad pass that needs to be chased.

**7. Hitting:** This warm-up requires a minimum of three balls and is great for hitting just before game or practice time. The setter assumes his position of right front. There is a shagger on the opposite side of the court, a line of outside hitters, a line of middle hitters, a line of right side hitters, and the coach standing to the right of the middle hitters tossing a ball to the setter to set. Once the coach tosses the ball to the setter, the setter sets it to the outside hitter to hit. The outside hitter then takes the place of the shagger who has shagged the outside hitters ball and the shagger will take the outside hitters place in any of the hitting lines. The coach then tosses the ball to the setter who sets the middle hitter and the process is repeated to again. The right side hitter receives the next set and the drill moves back to the outside hitting line. Players can fill in and hit from any line they choose; however, it is more practical for the players to hit from the spot in which they would normally hit from in a game.

**8.Serving:** This drill requires an equal amount of players on either side of the net and a ball for each player. This is just a quick serving warm-up. Players spread themselves out across the back line and serve the ball to the other side. Both sides are serving at once so there are always balls coming over to grab and serve back. There is the potential to be hit by a wild serve, but since the players are serving from outside of the court and most balls should be landing in the court it is a relatively safe drill.

### **Volleyball - 4 X 2 Pepper Drill**

**Purpose:** Practice ball control with a wide variety of types of contacts.

**Procedure:** Put players in pairs. Player one hits the ball down to player two. Player two digs the ball to themselves, tomahawk's to themselves (overhead contact), then left fist only, right fist only, sets to themselves, then player two hits the ball down to player one, who repeats.

### **Volleyball - Greed Drill**

**Purpose:** Teach team concept and attitude of doing their best to win every point and get every ball.

**Procedure:** Two teams of six players. Each team starts with 12 balls. Each team serves two ball at a time, alternating sides, then rotating. The team that wins the rally gets to keep the ball. The team that finishes with the most balls wins.

## **SERVING**

### **OVERHAND SERVE**

How to serve: Right-handed players stand with left foot slightly ahead of right and hold the ball in the left hand. The left arm is extended at a ninety-degree angle and at shoulder height (left-handed players are exactly opposite as this). Turn palm to the ceiling and hold ball so you can see it and the court at the same time. Toss the ball about 18 inches high. Elbow and hand are at shoulder height or above throughout the motion. Keep hands locked at the wrist. Shift weight to lead foot (or step forward) as you make contact with the ball. Keep wrist firm through the serve. Contact ball with meat part of hand (lower palm) and contact is a brief punch or jab. The hand follows through the serve to target and finishes along side or within bodyline. The correct alignment is hitting shoulder-ball- target. In other words, keep the ball in between your hitting shoulder and the target you are aiming at.

#### **Overhand Serve**

The overhead serve is more challenging for beginning players because it requires being able to toss consistently. The toss is the key to successful overhead serving. A ball tossed to high, to low, too far in front, or to far in back will cause the server to chase the toss and move out of alignment. The ball should always be in front of the hitting shoulder. Have players focus on the

leg from the ball. The elbow of the hitting arm should be at about ear level and away from the head. The toss should be 12 to 18 inches above the extended tossing hand and in front of the hitting shoulder. Weight should move forward as the shoulders and hips come through and the player prepares to contact the ball. The heel of the hand should contact the ball with the arm fully extended and the wrist stiff. The hitting arm should swing fast. The hitting arm should follow behind the hitting leg and not cross in front of the body after making contact.

#### **Underhand Serve**

The underhand serve allows beginning players to put the ball in play. It is easier to master control than the overhead serve because it doesn't involve a toss.

The player should start with their weight on the back foot and the ball held in front of the toe by the nonhitting hand. The eyes should be focused on the ball until contact made with the heel of the hand. Transfer weight from the back to the front foot as the arm swings to contact the ball. Follow through with the hitting arm toward the top of the net. The hitting arm and back leg should be in line with the follow through.

## **Volleyball - Corner Killer Drill**

**Purpose:** Works on serves to the corners of the court.

**Procedure:** Set up the same number of cones in all four corners of the court. Divide team up into sides with each player having a ball. The object of the game is to knock over the others teams cones on the other side of the court. Team who knocks over all of the other teams cones first wins. (Variation) Set up two cones in each corner, teams take turns serving and are awarded a point each time they knock over a corner cone.

## **Volleyball - Overhead Toss Drill**

**Purpose:** Helps develop the toss for the overhead serve.

**Procedure:** Right handed players, stand with left foot slightly forward. Hold the ball in the left hand and extend the arm straight out from the body at a ninety degree angle. (Left-handed players will do the exact opposite). With a firm wrist, arm toss the ball 18 inches high but let it fall to the ground. The ball should fall to the spot on the floor just inside of the lead foot and in line with the hitting shoulder. The toss is crucial to a successful serve because an improperly tossed ball will cause a poor arm angle resulting in a bad serve. Remember when serving-on a bad toss you should let the ball fall to the ground, and then attempt again.

## **Volleyball - Target Practice Drill**

**Purpose:** Practice controlling the serve.

**Procedure:** On the other side of the net set up 6 main targets at the front right and middle positions, as well as the back left and middle positions. Coach chooses target to aim for and server tries to hit the target on the serve. The team can be divided in half and this can be turned into a competition with points awarded to how many serves strike the chosen target area. Make sure to keep wrist firm throughout the serve. Contact with heel of hand through the middle back of the ball. The contact should sound like a "thud" not a "slap" sound. Hand follows ball to the target. Finish with hand along side or within bodyline.

# **PASSING**

## **FOREARM PASS**

**Body Position:** Feet wide apart, hands in front and palms to the ceiling. Feet should be at least shoulder width apart. Position is low and balanced with feet pointing straight ahead. Arms and shoulders are relaxed. Shoulders are forward and hips are back. Hands ahead of head. Head ahead of shoulders, shoulders ahead of knees, knees ahead of feet. Hands are inside of knees and knees are inside of feet.

**Sweet Spot:** The ball should come off the same spot on your lower forearm (just above the wrist) each time. **Checkpoint:** Look to see where your forearms are red after passing.

**Hips and One:** Keep the hips back throughout the pass. If you need to swing your arms, the arms should swing in only one direction while passing.

**Redirect:** Make sure your forearms face in the direction you want the ball to go. Start out facing the server and always face the ball when you pass. The path of the ball should arc to the top of the net.

**Consistent Contact Point:** Contact every ball at waist height and be as consistent as possible.

**Short Ball:** Move to a short ball by starting with a left step and ending with a left- right step. Use the same fundamentals if possible.

## **Forearm Passing**

The forearm pass is for receiving serves and spikes, for digging balls that are no more than waist high, and for playing any ball that has gone into the net. There is no swing of the arm to the ball but rather the player allows the ball to come to their arms.

The forearm pass begins with a good ready position. Have your players stand with their feet shoulder width apart, toes turned in slightly, and the right foot just slightly ahead of the left. As they bend at the waist and flex the knees, their weight should shift slightly forward onto the balls of their feet. They should keep their heads up and follow the ball while keeping their knees bent and their weight over the balls of their feet. The palms and thumbs of the hands should be facing close together and pointed towards the floor. The arms are extended away from the body in about a 45 degree angle. Prior to contact flex the legs. After contact, the arms follow through and direct the ball to the target.

### **Volleyball - Serve Reception Drill**

**Purpose:** Works on the transition from serve receiving to hitting.

**Procedure:** 3 players on one side (hitters), 4 players on the other side 3 passes and one target. Starting from left to right the hitters give the passer in line with them, a down ball. The passer must decide whether to forearm pass or overhead pass each ball to the target. Alternate down the line of hitters. Set a goal for number of good passes.

### **Volleyball - Two VS Two Drill**

**Purpose:** Teaches teamwork. Both players must work together to stay on the court.

**Procedure:** The court is divided up in half and the back line for this game is the 10 foot line. The game is played within the 10 foot line on one half of the court. The whole team partners off and 2 players are on one side and 2 players are on the other. Using only underhand serves, one team serves to the other and play begins. Once a team wins a side out, the losers must leave the court and the new challengers come on to face the winning team. Challengers serve. This game is fast paced and a fun way to get everyone involved.

# SETTING

## **Volleyball – Setting**

How to set: Get under the ball in plenty of time and square feet and shoulders to your target. Put your right foot slightly ahead of your left and keep knees slightly bent. Place weight on left(back) foot, and transfer weight to right (forward) foot at contact. The correct body position is with ball, forehead and hips in a vertical line. Set the ball just above the head (hairline). Upon contact, hands move forward only. Do not let the hands move towards the head upon contact as this may result in a “throw” call by the ref. Instead, contact ball and move hands through your set. Freeze with hands extended towards the target. Hands are the same distance apart upon completion as they were before contact.

## **Hand Position**

Put your hands above your head and put your index fingers and your thumbs together. to make a window with your fingers. Position your hands so that if a ball small enough to go through this window went through the center of it, the ball would hit you right between the eyes.

Now put your other fingers together (keeping them straight and only touching at the finger tips--down to the first knuckle). As you pull your fingers apart, you will feel as though a ball would fit in between your hands perfectly as they become a certain distance apart. This distance will be the position you will start your hands in before you contact the ball.

## **Hand Action**

The ball must only contact your fingers and never the palm of your hand. The points of contact on your fingers when setting the ball should be similar to the contact points when you had your hands together earlier. The ball should contact your thumbs and first two fingers with an equal amount of force, while your last two fingers on both hands may contact the ball sometimes (for extra control), but with less force. Therefore, do not pull your last two fingers back out of the way--keep them there for those sets that will require more control on the release.

Keep your wrists flexible. The more flexible your wrists are and the stronger and faster your forearm muscles are, the better setter you are. Your elbows should be slightly bent at the time of contact and your hands should be in the ready position discussed earlier as the ball contacts your fingers.

Lay on your back and hold the ball in your hands and move only your wrists to throw the ball a few inches into the air, you'll have to adjust the angle of your arms so that the ball won't shoot behind you, but will go straight up in the air and land back in your hands.

Throw the ball with your wrists only, catching the ball back in your hands and pause to make sure that the ball lands softly and your hands are in the correct position at the time of contact. In order to allow the ball to land softly, you must time the contact in such a way as to retract your wrists at the same speed the ball is coming. Continue working this drill until there is no slapping sound when the ball hits your hands.

## **Arm Action**

While still laying on your back, start the movements discussed above. The arm action starts as the wrists move to throw the ball back into the air. Don't make the mistake of cushioning the ball with your wrists and arms (this will constitute a throw and is not allowed). As you push with your wrists to release the ball, extend your arms simultaneously. As you do this, the ball will go much higher requiring you to become even better at cushioning the ball as it lands in your hands.

### **Volleyball - Set - Set - Hit Drill**

**Purpose:** Works on setters transitioning to the net as quickly as possible and then setting outside.

**Procedure:** This drill starts with three players lying face down on the end line. A Setter, Middle back player and an outside hitter. The Coach slaps the ball and then tosses it over the net to the middle back player. Setter transitions all the way to the net. Outside hitter transitions to start of approach, and the Passer sets the ball to the target. (Not where the setter is, but where the setter should be.) Setter sets to the outside. Outside hitter hits.

### **Volleyball - Rapid Set Drill**

**Purpose:** Works on setting the ball.

**Procedure:** Two players (#1 and #2) stand on the opposite side of the net from a third player. Player #2 stands where the setter would line up (front middle preferably) and player #1 stands in a back row position on the same side. Player #3 lines up on opposite side of the net as #1 and #2 and tosses the ball over the net to player #1 who passes it to the setter (player #2). The setter bounce passes the ball under the net back to player #3. Meanwhile player 3 throws the second ball immediately after player 1 passes the first ball. The drill is fast paced and designed to get a lot of passing done in a short period. Note: player #3 should toss the second ball before player #2 has caught the first. That way the drill is executed rapidly.

### **Volleyball - Eye Check Drill**

**Purpose:** Works on getting the setter to see what is happening on the other side of the net.

**Procedure:** Set-up a tosser in the back-row, a setter and hitter in the front row and the coach on the other side of the net. The tosser, tosses the ball to the setter. During the toss the coach holds up either rock, paper or scissors. The setter must look at the call and say what the coach is holding before setting the ball. Setter sets the ball to the hitter.

## **HITTING**

Once your players have the skills to set up a teammate for an attack (spike), they will enjoy the excitement that great team play generates. Spiking is the primary skill used to attack the ball, and it is usually the third contact in the three-contact offense.

The hitter (spiker) must be several steps from the net to have room for an approach to hit the ball explosively. The player should be standing in a relaxed position with arms comfortably at the sides. They should be at the side of the court, about 8 to 12 feet back off the net, waiting for the set.

The most common attack approach is a four-step pattern. Left-handed players start step 1 with the left foot, right-handed players begin with the right foot. The player needs to explode from step 2 to step 3 to set up the quick foot plant into the jump. The arms extend and swing straight back, as high as possible on the third step. As the fourth step begins, the arms drive forward in a full sweeping motion to help drive the player off the ground to attack the ball. In contacting the ball think of the arm as a whip and the hand as the tip of that whip. The snap of the whip begins in the shoulder. The elbow of the hitting hand should be drawn back, high and away from the shoulder. As contact is made, the hand should be firm and open, hitting the top half of the ball with the palm. Contact the ball at the one to two o'clock position. Follow through quickly. In the follow through the arm should remain on the same side of the body. The player can not touch the net with any part of the body.

## **BLOCKING**

Blockers need timing to successfully block an attack. Time the hitter on the opposite side of the net and jump with him or her. Make sure to seal the net by pointing thumbs to the ceiling and keep hands a ball's length apart. If possible, extend your arms over the net (penetration) and keep shoulders square to the net. If your hitter is to either side of you, shuffle your feet, making sure not to cross them over and move to where the hitter is. When moving across the net, keep hands at shoulder height. Also, a blocker must watch the hitter in mid air and adjust to where the attacker is aiming to hit the ball. Things for a blocker to key on, are the hitters shoulders, hands and eyes. This will indicate where the hitter is trying to hit the ball, and thus the direction the ball will be coming in.

Good blocking involves ability in timing and in reading the offensive hitter's intentions. Players should understand that regardless of size, all players can play an effective role as a blocker. The objective in blocking is to block a hard-driven spike back into the opponent's court or to deflect it high into the air on the blocker's side of the court. Without the block, an offensive team's spike will most likely earn a point or a side out. Players should stand facing the net with their hands held shoulder width apart at head level. The hands should be open with fingers spread and the palms facing the net. The knees are slightly bent and the weight is on the balls of the feet. As the blocker jumps to block, the hands should surround and smother the ball. The blocker's fingers are spread and angled to deflect the ball toward the floor. The hands do not waive or flail at the ball. The blocker moves along the net in a step-close-step footwork pattern. The feet do not cross. Players should stay away from the net and off the center line. In most cases the blocker should jump after the attacker.

## **Volleyball - Coverage Drill**

**Purpose:** Teaches the team to cover hitters.

**Procedure:** Line-up 6 players in their normal set on one side of the court (receiving). Line-up two blockers in each of the three blocking zones on the other side. The coach tosses a ball to the receiving side who plays on the ball. With so many blockers, chances are the return will be blocked, forcing the receiving side to cover the hitter.

## **DEFENSIVE DRILLS**

### **Volleyball - Net Save Drill**

**Purpose:** Teach the defender to dig the ball out of the net on the return.

**Procedure:** This can be played on both sides of the net simultaneously, thus allowing for group competition. Line up a group on each side of the net. Have a line of defenders to save the ball off the net, a setter, and a hitter outside. The coach throws a ball into the net and the defender tries to bump the ball to the setter, who sets the ball outside (just catch the ball). A point is awarded if the set ball is actually hitable. This is a difficult drill, but develops an important fundamental tool. Play a game to between 5 and 10.

### **Volleyball - 10 Ball Wash Drill**

**Purpose:** Teach back row attacking and defending back row attacks.

**Procedure:** Drill can be initiated by a free ball (suggested for just starting out) or a serve. Play balls out with only back row hitters allowed to attack. Team must win two points in a row to rotate, usually the free balls or serves are given to alternate sides.

## **Additional Resources:**

### **Websites**

[www.emporia.ude/vball/drills](http://www.emporia.ude/vball/drills)

- 74 Drills with diagrams

[www.volleyballseek.com/drills.cfm](http://www.volleyballseek.com/drills.cfm)

- Over 50 Drills

[http://www.y-coach.com/CD/Volleyball\\_Drills.htm](http://www.y-coach.com/CD/Volleyball_Drills.htm)

- 15 Drills

[www.jes-soft.com/volleyball/plays.html](http://www.jes-soft.com/volleyball/plays.html)

- 30 Drills with diagrams

<http://volleyballabout.com/od/drills>

- Over 100 Drills

[www.usca.edu/volleyball/](http://www.usca.edu/volleyball/)

- 381 Drills with Diagrams

[www.avca.org](http://www.avca.org)

- Over 50 drills with diagrams

# Practice Plan Worksheet

Date: \_\_\_\_\_

Practice Number: \_\_\_\_\_

Practice Emphases: \_\_\_\_\_

Time Started: \_\_\_\_\_

1. \_\_\_\_\_

Time Ended: \_\_\_\_\_

2. \_\_\_\_\_

Total Time: \_\_\_\_\_

<u>Time</u>	<u>Practice Activity</u>	<u>Coaching Emphases</u>